

DAY	DATE	GRADE	TIME	START	LEADER	PHONE	MILES	11s	LUNCH	NOTES
NOTE : Check BLOG (on evctc.blogspot.co.uk/) regularly for ride updates. If not coming to Start, phone leader to advise on your plans and for information on amendments to ride										
FEBRUARY 2017										
WED	1-Feb	♂♂♂♂♂♂	10:00	GREYSTOKE - Car Park	Phil B	01768868642	50	Garden of Eden Thiefside	Donations for Alzheimers Soc welcome but dont feel obliged	
		♂♂♂♂♂♂	10:00	GREYSTOKE - Car Park	Rosie B	01768868642	30	Garden of Eden Thiefside	P and R,s for lunch of soup etc.	
		♂♂	-	<i>self guided ride to coffee</i>				<i>The Pot Place Plumpton 11:30</i>		
SUN	5-Feb	♂♂♂♂♂♂	10:00	LANGWATHBY - Railway Station	Pete M	01768 881773	49	Pooley Bridge	Upfront Cafe, Unthank	
		♂♂	-	<i>self guided ride to coffee</i>				<i>Granny Dowbekins Pooley Bridge 11:30</i>		
WED	8-Feb	♂♂♂♂♂♂	10:00	BURNESIDE - Church	Keith G	01539 728617	50ish	One Stop Only	Cartmel	
		♂♂	-	<i>self guided ride to coffee</i>				<i>Mill Yard Cafe Morland 11:30</i>		
		♂♂	-	<i>self guided ride to coffee</i>				<i>One stop only</i>		
SUN	12-Feb	♂♂♂♂♂♂	10:00	CALTHWAITE -	Ian L.	016974 76435	50ish	Farm Shop Stainton 11:30	Morland	
		♂♂	-	<i>self guided ride to coffee</i>				<i>Farm Shop Stainton 11:30</i>		
WED	15-Feb	♂♂♂♂♂♂	10:00	CULGAITH - Geoff's (parking for a few)	Geoff	01768 88444	60ish	One stop - tea available at end	Penrith	S to Penrith then N quite energetic route depends on weather
		♂♂	-	<i>self guided ride to coffee</i>				<i>Abbott Lodge 11:30</i>		
SUN	19-Feb	♂♂♂♂♂♂	10:00	DALSTON - New Car Park	Parker	01228 561106	50	Melmerby Stores 11:00 (closes at 12:00)	Aspatria	Cups and Saucers for tea, Seaville. Moderate pace
		♂♂	-	<i>self guided ride to coffee</i>				<i>Glenridding</i>		
WED	22-Feb	♂♂♂♂♂♂	10:00	GREYSTOKE - Car Park	David H	01768482055	45	Fig Tree Cafe, Thiefside 11:30	Caldbeck	
		♂♂	-	<i>self guided ride to coffee</i>				<i>Houghton Hall Gdn Centre</i>		
SUN	26-Feb	♂♂♂♂♂♂	10:00	WETHERAL - The Green	CJ	01768 885806	50 ish	Brougham Hall cafe	Greenhead	
		♂♂	-	<i>self guided ride to coffee</i>				<i>All Coffee Stops now at 11:00</i>		
MARCH 2017										
WED	1-Mar	♂♂♂♂♂♂	09:30	TEBAY - Sports Ground	David H	01768482055	50	Sedbergh, Far Mill	Newbiggin on Lune	Mainly on class A and B roads. Graded hills
		♂♂♂♂♂♂	09:30	CARLETON - X Keys (2 rides)	Nigel & Alison	01768 881066	12 plus	Pot Place, Plumpton	Up Front cafe Unthank	Moderate ride suitable for beginners- will offer two routes and two paces
		♂♂	-	<i>self guided ride to coffee</i>				<i>The Pot Place Plumpton</i>		
SUN	5-Mar	♂♂♂♂♂♂	09:30	LONGTOWN - On A7 or side street	Janet	01228 561106	50 ish	Langholm	Newcastleton	Hilly ride but steady pace
		♂♂♂♂♂♂	09:30	WINTON - Start at 10.00 after coffee	Jen	01768 371916	25-30	Coffee before start	BYO	Loops around Kirkby Stephen. Rolling terrain
		♂♂	-	<i>self guided ride to coffee</i>				<i>Granny Dowbekins Pooley Bridge</i>		
WED	8-Mar	♂♂♂♂♂♂	09:30	DALSTON - Car Park	Ian B	01228711832	50	Caldbeck Smithy	Stainton	
		♂♂♂♂♂♂	09:30	DALSTON - Car Park	Dallas	01228711832		TBA		
		♂♂	-	<i>self guided ride to coffee</i>				<i>Mill Yard Cafe Morland</i>		
SUN	12-Mar	♂♂♂♂♂♂	09:30	GREYSTOKE - Car Park	CJ	01768 885806	TBA	Caldbeck Smithy	Keswick	Return via Castlerigg & Berrier
		♂♂	-	<i>self guided ride to coffee</i>				<i>Farm Shop Stainton</i>		
WED	15-Mar	♂♂♂♂♂♂	09:30	DALSTON - New Car Park	Mike	01228 710110	50+	Mae's Cafe, Uldale	Cups & Saucers	
		♂♂♂♂♂♂	09:30	DALSTON - New Car Park	Claire	01228 710110	40	Port Carlisle	Cups & Saucers	
		♂♂	-	<i>self guided ride to coffee</i>				<i>Abbott Lodge</i>		
SUN	19-Mar	♂♂♂♂♂♂	09:30	OUSBY - Les & Ruth's	Les	01768 881894	55	Appleby	Orton	Medium pace: Ap'by via Murton, Orton via Whygill, Newbiggin
		♂♂♂♂♂♂	09:30	LANGWATHBY	Alison	01768 881066	35	Melmerby Stores	Thiefside	
		♂♂	-	<i>self guided ride to coffee</i>				<i>Melmerby Stores</i>		
WED	22-Mar	♂♂♂♂♂♂	09:30	MELMERBY	Geoff	01768 88444	50	One stop (byo)	Brampton	Hartside, Alston, Lambley returning along fellside
		♂♂♂♂♂♂	09:30	LONGTOWN-outside Sycamore Cafe	Parker	01228 561106	60	Langholm	Newcastleton	Steady pace, hilly, quiet roads
		♂♂	-	<i>self guided ride to coffee</i>				<i>Fig Tree Cafe, Thiefside</i>		
SUN	26-Mar	CLOCKS GO FORWARD								
		♂♂	-	<i>self guided ride to coffee</i>					<i>Brougham Hall cafe</i>	
WED	29-Mar	♂♂♂♂♂♂	09:30	WETHERAL - The Green	Ian L.	016974 76435	60ish	Walton	Greenhead	Afternoon section will be hilly
		♂♂	-	<i>self guided ride to coffee</i>					<i>Mrs Millers, Culgaith</i>	
APRIL 2017										
SUN	2-Apr	♂♂♂♂♂♂	09:30	LANGHOLM - Riverside Carpark	CJ	01768 885806	58	Newcastleton	Bonchester Bridge	Return via Hermitage & A7 or Newcastleton
		♂♂♂♂♂♂	09:30	LANGWATHBY - Railway Station	Pete M	01768 881773	40	Pooley Bridge	Morland	
		♂♂	-	<i>self guided ride to coffee</i>				<i>Granny Dowbekins Pooley Bridge</i>		
WED	5-Apr	♂♂♂♂♂♂	09:30	DALSTON - New Car Park	Bill O	07921 297 045	60ish	Uldale - Maes	Cockermouth	Return via Winlatter, Keswick & Mungrisdale
		♂♂	-	<i>self guided ride to coffee</i>					<i>The Pot Place Plumpton</i>	
SUN	09-Apr	♂♂♂♂♂♂	09:30	PENRITH - Beacon Edge Cemetery	Phil/Rosie B	01768868642	35	Farm Shop Stainton	Calbeck Old Smithy	
		♂♂	-	<i>self guided ride to coffee</i>				<i>Farm Shop Stainton</i>		
WED	12-Apr	♂♂♂♂♂♂	09:30	GREYSTOKE - Car Park	Mike	01228 710110	50+	Mill Yard Cafe, Morland	TBA	
		♂♂♂♂♂♂	09:30	GREYSTOKE - Car Park	Claire	01228 710110	40	Mill Yard Cafe, Morland	Langwathby	
		♂♂	-	<i>self guided ride to coffee</i>				<i>Mill Yard Cafe, Morland</i>		
EASTER SUNDAY	16-Apr	♂♂♂♂♂♂	09:30	PENRITH - Beacon Edge Cemetery	Phil B	01768868642	70ish	Alston	Middleton	Brough and the Eden Valley
		♂♂	-	<i>self guided ride to coffee</i>				<i>Melmerby Stores</i>		
WED	19 Apr	♂♂♂♂♂♂	09:30	CATTERLEN - near the telephone box	Geoff	01768 88444	70ish	Wigton	Bank Mill Mawbray	To the seaside!
		♂♂♂♂♂♂	09:30	Thiefside	Alison	01768 881066	37	Hesket Newmarket	Dalston	
		♂♂	-	<i>self guided ride to coffee</i>				<i>Abbott Lodge</i>		
Post Easter Week 22-29 April based in Louth, Lincolnshire										
SUN	23-Apr	♂♂♂♂♂♂	09:30	ANNAN - Main Square near Town Hall	Janet	01228 561106	60ish	Lockerbie	Dumfries	Some hills, but mostly undulating. Quiet roads, steady pace
		♂♂	-	<i>self guided ride to coffee</i>					<i>Brougham Hall</i>	
WED	26-Apr	♂♂♂♂♂♂	09:30	KIRKBY STEPHEN - Cloisters	Keith G	01539 728617	74	Gummerside	Richmond	
		♂♂	-	<i>self guided ride to coffee</i>					<i>Fig Tree Cafe, Thiefside</i>	
SUN	30-Apr	♂♂♂♂♂♂	09:30	GREYSTOKE - Car Park	Ian L.	016974 76435	65	Glenridding	Grasmere	Dockray, Kirkstone, Threlkeld
		♂♂	-	<i>self guided ride to coffee</i>					<i>Booths</i>	
WOULD THOSE WHO RODE ANY SELF LED RIDES PLEASE ADVISE CJ TO RECORD ATTENDANCES										
After THREE Guest rides, riders must join CTC / Cycling UK to ensure validity of third party and public liability insurance for all riders and the leader										
Leaders please note for Cycling UK insurance cover you must record details of non Cycling UK members on a Guest Riders entry form for any Guests who come on your ride. The form must be passed to Geoff A.S.A.P..										

Eden Valley Runs List - Notes

Please check the blog (evctc.blogspot.com) for ride updates, especially where the weather may require alterations

Normally there is at least one cafe stop except where marked BYO (bring your own) but please always bring rations, just in case

The phone number of the ride leader is there for a reason. You should ring the ride leader

- If planning to join the ride other than at the start
- If you are unsure whether the ride suits your style of cycling
- If you have any other queries

If you have not ridden with us before, you are very welcome to come and join us. You may find it useful to ring the ride leader before you arrive. After three rides as a guest, riders must join Cycling UK/CTC to ensure validity of third party and public liability insurance for all riders and the leader.


Leaders please note for Insurance cover you must record details of non CTC members on a Guest Rider entry form (on website) for any guests on your route. The form must be passed to Geoff (secretary) ASAP


Key to Grading Detail:


The table below can be used to classify rides in order Distance/Speed/Gradient eg L/L/H


<i>level</i>	<i>Distance</i>	<i>Speed</i>	<i>Gradient</i>
L(Low)	< 20 mi	10 mph or less	Predominantly Flat
M(Medium)	20 - 50 mi	10 - 11 mph	Undulating or Mixture of flat and hilly
H(High)	> 50 mi	>12 mph	Hilly (1000 ft per 10 mi) or steep!)

Grading OVERVIEW

 least demanding (in terms of distance, speed, gradients and traffic - this should be suitable for those who do not cycle regularly. About 15 mi) eg LLM more Ls than Ms or Hs

 more demanding (may involve some hilly sections - 20 - 50 mi) *mainly Ms*

 most demanding (longer faster and/or hillier rides - 50mi or more) *HMH perhaps*

 Often indicates a self-led ride to a coffee stop. The cafes chosen are within 10mi riding of Penrith. You can make as little or as much of this as you wish by planning your own route or joining someone else who is going. The bonus is knowing that there will be good crack and cake at your destination. Check the blog nearer the time to see if someone else is going your way. You may wish to cycle together.

If the full ride doesn't suit you, you can 'pick and mix' to create your own ride, as long as this is not disruptive to other group members. Eg meet at 11s stop at Renwick and ride with the group to the lunch stop at Talkin tarn; then make your own way home.

'The coffee stop is 11 am February to October and 11.30 am November to January'.